

GMT	CREW	ACTIVITY
04:00-04:10		Morning inspection
04:10-04:40		Post-sleep
04:40-05:30		BREAKFAST
05:30-07:10	FE-2	Weekly housekeeping
05:30-07:15	CDR, FE-1	
07:15-07:25	FE-1	Weekend PL hardware checkout in the LAB
07:15-08:45	CDR	EXERCISE (CYCLE+HC-1) – 2
07:25-07:45	FE-1	Risk of kidney stones (Renal) –h/w kit
07:45-07:55		Glovebox (MSG) – activation
07:55-08:15		SUBSA – installation of sample 4
08:15-08:35		SUBSA - operations (steps 1-7) run 5
08:35-09:15	FE-2	COX maintenance
08:35-08:50	FE-1	Weekly housekeeping
08:50-09:40	CDR assistance, FE-1	MO-5. Study of CVS at graduated load on cycloergometer ББ-3 (T0=09:12). Conference with specialists (<i>YKB</i>)
09:15-09:30	FE-2	Regeneration of the absorption cartridge Φ2 БМП (completion)
09:30-11:00		EXERCISE (CYCLO+HC-1) – 2
09:40-09:45	CDR	Inspection of separator БРПК-2
09:40-09:50	FE-1	SUBSA – video recording activation, step 8 (with participation of a crew)
09:50-10:50		EXERCISE – CEVIS
10:45-11:00	CDR	Private psychological conference (<i>YKB</i>)
11:00-12:00		LUNCH
12:15-12:35	CDR	Station pressurization with O2 from Progress' СРПК (O2 supply system) (Per Analysis Team recommendation)
12:20-12:35	FE-2	Private psychological conference (<i>YKB</i>)
12:35-13:00		Weekly planning conference (<i>S-band</i>)
13:20-13:30	FE-1	SUBSA – videorecorder reconfig by the crew
13:30-14:20	CDR, FE-2 помощь	MO-5. Study of CVS at graduated load on cycloergometer ББ-3 (T0=13:50). Conference with specialists (<i>YKB</i>)
13:45-15:15	FE-1	EXERCISE RED
14:20-15:10	FE-2	EXERCISE (CYCLO+HC-1) - 2
15:10-16:00	CDR	
15:30-16:00	FE-1, FE -2	Daily ration preparation
16:00-16:30		DINNER
16:30-17:30		Pre-sleep
17:30-02:00		Crew sleep

Note:

1. See missing references to US activities in OSTP.
2. TASK LIST CDR, FE -2 Uragan
 Diatomea
 Kromka

End of r/g